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Sent: Thursday, January 05, 2012 3:00 AM
To: Khan, Annie (DPH)
Subject: GIC Winter 2012 News

Wellness – Goals to Strive For and Programs Available to You

Wellness is the term du jour in the health care industry and many companies have sprung up to satisfy a growing demand for these services. In 2006, wellness was a \$550 million business according to a 2006 *American Journal of Health Promotion* study, and the journal's editor-in-chief estimates that it has grown to over \$1 billion today. Through your GIC health plan, you have access to a variety of wellness programs. [Read more...](#)

Feeling Blue? Extra Help is Available Online to All Employees and Their Dependents

Through December 31, 2012

If you or a member of your family may be feeling depressed, extra help is available through the Tufts Medical Center's Tufts Work and Health Initiative. [Read more...](#)

Medical Homes are Changing Health Care - What You will See

Editorial by Thomas Ebert, M.D., Vice President and Chief Medical Officer, Health New England

Just like the Cheers bar, suppose there was a medical practice where everybody knew your name. In Western Massachusetts, Health New England (HNE) is trying to get medical practice right. Over the past two years HNE has embarked on transitioning its HMO members to Patient Centered Medical Home (PCMH) services. [Read more...](#)

Keep in Mind...

Q) *I was just hired to work for the state and used to work for the state before. What premium contribution will I pay for basic life and health insurance?*

A) If you were hired by the state before July 1, 2003, and have been rehired **within two years** of your termination date, you pay 20%. If you return to work with the state more than two years from the termination date, you pay 25%. For answers to what to do when changes occur in your life that may affect your GIC coverage, see the [Answers to Frequently Asked Questions](#) section of our website.

For a Flu Shot – Doctor's Office and Retail Clinics Avoids Hassles of Claims Reimbursement

Flu season is underway and the Centers for Disease Control recommends that most people get a flu vaccination. Members can receive a flu vaccination with no copay or deductible when it is administered at a doctor's office or a limited service retail clinic, such as CVS Minute Clinic. These medical providers can bill your health plan directly for vaccination services; you will have no out-of-pocket costs and no need to submit a claim form for reimbursement from your health plan. [Read more...](#)

The GIC's Annual Public Hearing

All GIC-eligible employees and retirees are welcome to attend our annual public hearing. The GIC will describe benefit and premium prospects for FY13, and all attendees are invited to provide feedback. [Read more...](#)

Accolades Pour in for the GIC's Health Plans

Congratulations GIC Health Plans!

The GIC and our members are fortunate to have some of the best health plans in the United States. Our plans have received multiple awards this year. [Read more...](#)

Be Sure to Update Your GIC Records Before Annual Enrollment

Annual Benefit Statements Mailed by Beginning of February

Every year, the GIC sends each GIC member a customized overview of the benefits you have with the GIC and whom you cover. This statement and the enclosed change form help you make sure your records are up-to-date. [Read more...](#)

Lipitor® Now Available As Generic

At Lower Cost to You

Lipitor®, the best-selling drug in the world, became available as a generic at the end of November. If you are among the 8.7 million Americans who take this cholesterol-lowering drug, you will now save money on your prescription since the copayment for generic Lipitor will, in almost all cases, be less than your copayment for brand Lipitor. [Read more...](#)

Welcome new municipalities!

This fall, the GIC welcomed five new municipalities. [Read more...](#)

GIC Given the Nod for Best Employee Benefits Practices of 2011

New England's Best Benefits Practices of 2011, a daylong conference featuring the most innovative benefits programs in the region, was held December 8 in Waltham, Mass. Six employers, including the Group Insurance Commission, were presented with a New England Employee Benefits Council Best Practices Award. [Read more...](#)

The winter 2012 issue of For Your Benefit includes these topics and more. See the attached link for a copy of the newsletter. Printed copies will be available through the GIC Coordinator in your benefits office early January.